CONTENTS:

1. **Watch with wristband**
2. **Transmitter belt**
3. **Adjustable elastic chest belt**

Operating instruction

1.

2.

3.

Congratulations!

You have purchased a high-performance heart rate monitor which will provide you with extremely important information for your training routine.
CICLO*PULS CP* 13is is fitted with state of the art electronic equipment, is waterproof and you will be surprised by its long life.
The **CICLO*PULS CP* 13is** is also fitted with the brand new CicloInZone® function which, on the basis of the users personal data and his/her daily fitness, calculates the ideal heart rate zone for optimum training (see Chap. 6).

We are sure that you will obtain excellent results with **CICLO*PULS CP* 13is**.

Please read these operating instructions carefully.

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1. GENERAL INFORMATION

Sport helps keep the human body young and fit. Whoever carries out regular sports activities will feel the benefits first hand - feeling healthier, fitter and able to work hard. ***CP* 13is** is the ideal device for measuring heart rate, and guiding and monitoring a training routine by setting upper and lower heart rate values. If the upper or lower heart rates are exceeded, ***CP* 13is** emits an optical and acoustic warning signal.

Warning: whoever carries out fitness training should have a general medical check up on his/her general state of health – especially beginners, persons older than 35 years of age and anyone who has suffered from illnesses or injuries in the past. It is recommended that a doctor be consulted in any case in the presence of risk factors, such as smoking, high blood pressure, high cholesterol values, diabetes, lack of exercise and excess weight.

Pacemaker wearers should consult their doctor before using any heart rate measurement device!

2. GETTING GOING

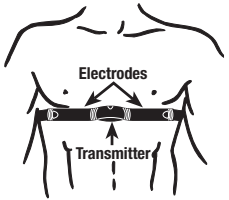
The following general rules apply:

- Measurement of the heart rate is only possible if the transmitter belt is fitted correctly and the ***CP* 13is** lies within the transmitter's reception range (approx. 70 cm).
- Press the Mode button to start the receiver fitted in the ***CP* 13is**. If the ***CP* 13is** does not receive any heart rate signal for more than 5 minutes it automatically switches off, and remains in standby mode. If the Mode button is pressed, the ***CP* 13is** returns to the normal operation mode (the heart rate receiver will also start at the same time).
- A heart-shaped symbol will flash on the display when the ***CP* 13is** receives the heart rate signals from the transmission belt.

2.1 Putting on the heart rate transmission belt

The transmitter belt is hung in the elastic chest belt and fastened around the upper body. The transmitter (the plastic part with the company logo) should lie over the middle of the upper stomach, immediately below the breastbone, so that the logo on the transmitter is legible (viewed from the front) (see illustration). The electrodes in the belt, to the right and left of the transmitter, must be in contact with the skin.

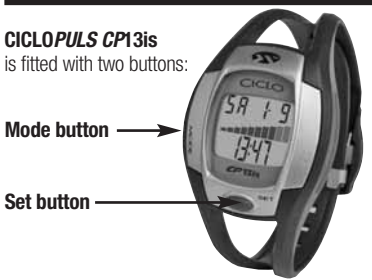
Pull the belt tight so that it cannot slip and constant contact with the body is guaranteed during movement.



If the ***CP* 13is** fails to display any heart rate, it probably means that there is no contact between the skin and the electrodes. Moistening the electrodes and the underlying skin often helps. Best results are obtained if electrode gel is used (available from pharmacies).

3. USING THE BUTTONS

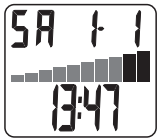
CICLO*PULS CP*13is
is fitted with two buttons:



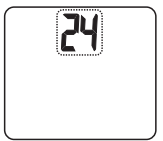
4. BASIC SETTINGS

4.1 Setting time and date

Press the Mode button several times until the time and date are displayed.



If the Mode button is pressed and held for 3 seconds the 12 or 24 hour clock will flash on the display.



If the Set button is then pressed briefly, either the 24 or 12 hour clock may be selected.
If the 12 hour clock is selected, the US calendar format of month/day will also be automatically selected (European format: day/month).

Press the Mode button to store the displayed value. The hour will then flash on the display.

Press the Set button to change the value displayed and store using the Mode button (the value displayed will “scroll” faster if the Set button is pressed and held).

The minutes will then flash on the display.

Press the Set button to change the value displayed and store using the Mode button.

The year will then flash on the display.

Press the Set button to change the value displayed and store using the Mode button.

The month will then flash on the display.

Press the Set button to change the value displayed and store using the Mode button.

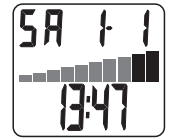
The day of the week will then flash on the display.

Press the Set button to change the value displayed and store using the Mode button.

The time and date setting is now complete.

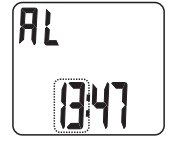
4.2 Setting alarm

Press and hold the Set button for 3 seconds when the display shows the time and date.



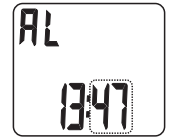
“AL” will appear on the display, as well as the time set for the alarm.

If the Mode button is pressed and held for 3 seconds the hour will flash on the display.



Press the Set button to change the value displayed and store using the Mode button.

The minutes are then set.



Press the Set button to change the value displayed and store using the Mode button.

Press the Set button, whilst in Alarm mode, to switch the alarm on or off.

The alarm symbol will appear on the display.

Store using the Mode button.

4.3 Adjustment of heart rate limit values and switching heart rate acoustic alarm signal on/off

Here it is possible to calculate the personal Ciclo*InZone* (or set upper and lower heart rate limits manual). If these limits are exceeded, the ***CP* 13is** emits an optical alarm signal (the heart rate display will flash) and (when activated) an acoustic alarm, too.

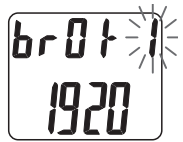
Press the Mode button several times until the stopwatch appears at the top of the display.

Press and hold the Mode button for 3 seconds. The heart rate acoustic alarm signal adjustment (WS = Warning Signal) will flash on the display.

Press the Set button to switch the acoustic alarm signal either ON or OFF.
Press the Mode button to store the value and the date of birth will appear on the display and the year will flash.

Change the value displayed with the Set button and store using the Mode button.

The month will then flash on the display.
Change the value displayed with the Set button and store using the Mode button.

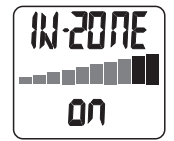


The day will then flash on the display.
Change the value displayed with the Set button and store using the Mode button.

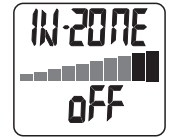
The sex will then flash on the display ("M" for male, "F" for female).
Press the Set button to change from one value to another.

Store the value using the Mode button. Set the weight using the Set button.
The range of values is: 20 - 199 kg or 50 - 500 lb
(The unit of measurement kg/lb depends on the calendar format set).

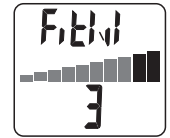
Store the value using the Mode button and the Ciclo*InZone* calculation will appear on the display.



Press the Mode button to switch the calculation of the Ciclo*InZone* either on or off and store using the Mode button.
If the Ciclo*InZone* calculation is switched off, now the display for the manual setting of the heart rate limits appears (see point 'manual setting of the heart rate limits' below).



If the Ciclo*InZone* calculation is switched on, the fitness level selection will now appear on the display (FitLvL).

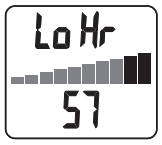


Press the Set button to insert a value from 1 to 4, corresponding to the following levels:
1 – poor fitness
2 – average fitness
3 – good fitness
4 – high fitness

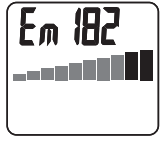
Store using the Mode button and now the Ciclo*InZone* calculation starts.

In order to correctly calculate ones personal Ciclo*InZone*, it is necessary to firstly introduce personal information regarding sex, weight, age and fitness level.
In order to calculate the Ciclo*InZone* position the chest belt correctly, take up a rest position (remain seated and relaxed) and start the Ciclo*InZone* calculation (using the mode button after setting the fitness level).
The ***CP*** **13is** heart rate monitor will then start a countdown of 5 minutes. During this time, stay seated, relaxed and calm, as the ***CP*** **13is** will measure the minimum heart rate reached during this period (heart rate at rest) and will store this value for the subsequent calculation.

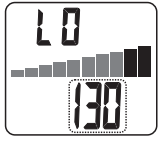
An acoustic signal will be heard after the 5 minutes, indicating that the calculation of the Ciclo*InZone* has been completed. The display now shows the lowest measured heart rate within this 5 minutes.



After pressing the Mode button, the calculated maximum heart rate appears in the display.
Press again the Mode button and the with Ciclo*InZone* calculated personal upper heart rate limit appears (this value can here – if wanted – be changed using the Set button).



Confirm this value with the Mode button and the calculated lower heart rate limit appears (this value can here – if wanted – be changed using the Set button).

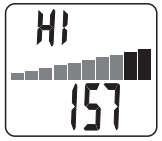


Store using the Mode button and the ***CP*** **13is** is now ready for use.

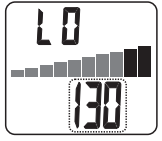
Manual setting
of the heart rate limits

If the Ciclo*InZone* calculation is switched off, the upper limit will flash on the display (default value: 240 beats per minute).

Press the Set button to set the upper limit.
The range of the upper limit is: from 240 to (lower limit plus 1) beats per minute (e.g. if the lower limit is 120, the upper limit must be min. 121)



Press the Mode button to store the value. Press the Set button to set the lower limit (default value: 30 beats per minute).



The range of the lower limit is: from 30 to (upper limit less 1) beats per minute (e.g. if the upper limit is 140, the lower limit may be max. 139).

Store using the Mode button and the CP13is is ready for use.

5. MENU GUIDANCE

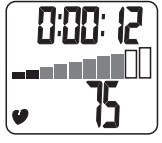
The three main functions of the **CICLOPULS *CP*13is** heart rate monitor are selected with the Mode button. The current heart rate is displayed in the lower part of the display in every function.

5.1 Date and time

The current date is displayed in the top part of the display, with the day of the week, and the lower part of the display shows the time.

5.2 Stopwatch mode – Memory function

In order to know the times (and the average and maximum heart rates) during which training has been performed within or outside the set heart rate zone, it is necessary to start the stopwatch at the start of the training routine.



To start the stopwatch, select the stopwatch function by pressing the Mode button and then press the Set button (the memory function will be started at the same time).

Press the Set button again (in stopwatch mode) to stop the stopwatch (and also the memory function).
The times recorded within the set limits may be recovered in the Memory mode (ref. subsection 5.3) by repeatedly pressing the Set button.

To reset the stopwatch to zero (and, at the same time, the training times, average and maximum heart rates), press and hold the Set button for 3 seconds in the stopwatch mode.
Warning: this will also cancel the stored values.

Whilst the values are being recorded, it is always possible to recall another function without stopping the stopwatch.

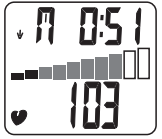
The stopwatch works up to a maximum value of 23:59:59 hours. When this value is reached the stopwatch will stop.

5.3 Memory Mode

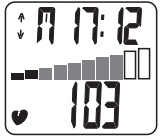
Press the Set button several times to recover the values stored. The current heart rate is always shown at the same time in the lower part of the display.

The following information appears on the display:

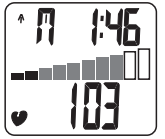
- training times within the limit values set for the heart rate



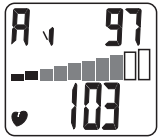
- training times above the upper limit values set for the heart rate



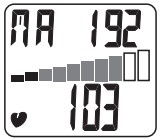
- training times below the lower limit values set for the heart rate.



- average heart rate (Av) (changes every 2 seconds)



- maximum heart rate (MA)



The stored values may be cancelled in the stopwatch mode (ref. subsection 5.2).

5.4 Graphics display

The **CICLO*PULS CP* 13is** also offer the possibility to obtain a graphics display of the exertion within the set heart rate zone in the central part of the display.

The blue segments turn black (from left to right) with a heart beat within the heart rate zone. The number of black segments depends on the current heart rate. If all the blue segments have turned black, the heart rate measured is higher than the upper limit.
If the heart rate measured is below the lower limit, only the first two segments will turn black.

5.5 Switching beep sound on/off

The **CICLO*PULS CP* 13is** heart rate monitor is fitted with an optical alarm signal:
the heart rate value flashes if the lower or upper heart rate limits set are exceeded.

and an acoustic alarm signal:
an acoustic alarm sounds if the lower or upper heart rate limits set are exceeded.
The acoustic alarm signal may be switched on and off in

the setting mode for the upper and lower heart rate limits (ref. subsection 4.3).
Press any button to stop the alarm sounding.

5.6 Switching beep sound on/off when buttons are pressed

Press the Set button in the Time display mode to turn on or off the beep sound which occurs when any button is pressed.

When the beep sound is switched on, the corresponding symbol appears on the display.

5.7 Illumination

Press and hold the Mode button for 1 second in the normal operation mode to switch on the light for approximately 5 seconds.

6. Ciclo*InZone*® PHILOSOPHY AND USE

Ciclo*InZone* is a solution for the very best personalisation of your training routine. It is possible to calculate the optimum training threshold with the Ciclo*InZone* function on the basis of your personal data and your pulse rate when at rest.
Ciclo*InZone* is the ideal solution for personalised cardio training applied to any sport, from jogging and cross-country running to road and indoor cycling.

Improve your fitness? – Lose weight? – Train whilst always taking your health into consideration?
Everyone will find the correct aim to follow in their training. But how do you train to achieve those aims in the most efficient possible manner? How do you find the right intensity of effort during the training? Ciclo*InZone* is the optimum training ZONE for effort, resistance and weight loss.

What does Ciclo*InZone* do?
It calculates the optimum training zone for effort, resistance and weight loss.

The values vary from person to person and they offer a valid training support - always staying between 70% and 85% of the maximum heart rate.
(+/- 5% of tolerance, taking into consideration the actual heart rate when at rest and the level of training).

The question of burning fat is seen in the “correct” light with Ciclo*InZone* - on the basis of the personal data collected.

7. CHANGING BATTERIES

Information on batteries:
The battery in the **CICLO*PULS CP*13is** should last for approximately 1 year and the battery in the chest belt should last for approximately 2 years (based on an average use of 1 hour per day).

CICLO*PULS CP*13is battery:
The battery can be changed by a watchmaker (preferably with the help of these instructions), or personally by the user, if sufficiently dextrous. The tools required are a cross-point (Phillips) screwdriver and tweezers to handle the small screws.

N.B.: Changing the battery erases all values and settings.
- Take note of all personalised values and those to be inserted.
- Place the watch on a clean, non-scratch surface with the display facing downwards.
- Loosen the four screws and remove the protective base plate.
- Use a pin to loosen the battery fixing clip on the upper side.
- Remove the old battery and fit a new CR2032 lithium battery, with the negative pole facing upwards.
- Relock the battery fixing clip.
- Check that the rubber gasket for the metal cover is still positioned correctly, to keep the device watertight.
- Replace the protective base plate and fix it with the four screws (crosswise and without too much force!).
- Check the display, the buttons and the acoustic alarm. If a button does not work correctly, check that the inner part has been positioned correctly!
- It can occur that the processor is not correctly reset after changing the battery. If this happens, meaningless values, or no values at all, may appear on the display. In this case, remove the new battery, wait approximately 20 seconds and reinsert the battery.
- Reset the personal values and those to be inserted.

If the battery is changed correctly, in accordance with the instructions, the warranty is still valid.

Transmitter belt battery:
Unscrew the battery cover in an anticlockwise direction and remove the old battery. Fit a new CR2032 lithium battery, with the **positive pole facing upwards**, and replace the cover.

Dispose of batteries in a safe and responsible manner.

8. CARE AND MAINTENANCE

Do not expose the device to direct sunlight, or to low or high temperatures (below 0°C or above 50°C).

Keep the heart rate transmission belt clean:
Do not wash the transmitter belt in a washing machine, due to the electrodes which are attached. To clean the transmitter belt, wipe it carefully with a detergent for synthetic fabrics. Do not dry in direct sunlight. The elastic chest belt is washable, but it must be carefully dried before use.

Rinse the transmitter belt under running water after every use, especially after contact with salt water.

The watch should also be wiped with a moist cloth if there has been contact with salt water or excessive sweat. Ensure that no button is pressed when the device is in contact with water.

9. TROUBLESHOOTING

No display of values, or meaningless values
- Check battery

Black display or display is very slow
- Temperature is too high (above 50°C)
- Display was exposed to direct sunlight for too long
- Temperature is too low (below 0°C)

Signal tones at regular intervals
- Check if heart rate alarm is switched on

No heart rate displayed or values displayed are incorrect or unstable
- Receiver is not connected: press desired button
- Check transmitter belt
- Skin too dry or cold
- Distance between **CICLO*PULS CP*13is** and transmitter belt is too great (it should not be more than 70 cm)
- Interference due, for example, to high voltage electricity pylons, other heart rate monitors, mobile phones, etc.

The display will return to normal outside the field of interference.

10. CONDITIONS OF WARRANTY

A 24-month warranty is given with the ***CP*13is**.
The warranty is limited to faulty materials and poor workmanship. The batteries and parts subject to wear are excluded from the warranty.
The warranty is only valid if the **CICLO*PULS CP*13is** has been used with due care and in accordance with the instructions.
In the case of a claim under the warranty, either contact the dealer or local distributor, or post the **CICLO*PULS CP*13is** together with the sales receipt (showing the date of purchase) and all fittings, with sufficient postage, to the following address:

CICLO SPORT Service
K.W. Hochschorner GmbH
Konrad-Zuse-Bogen 8
D-82152 Krailling
GERMANY
Telefon +49 / 180 / 500 47 43
(0.12 Euros/min from German fixed networks)
Telefax +49 / 89 / 714 07 83
E-Mail ciclo-service@ciclosport.de

Before sending your device, please read the instructions carefully, especially Section 9 (Troubleshooting), to check whether a fault actually exists.

If a warranty claim is accepted, either a replacement device will be provided or the faulty device will be repaired and returned.
If the device is sent for repair, or the warranty claim is not accepted, repairs up to the value of 19 Euros will be carried out automatically.
If the cost of the repairs exceeds this amount, the owner of the device will be notified in advance.
The repaired device will be returned against payment.

Answers to queries about products (FAQ) can be found on the CICLOSPORT website:
http://www.ciclosport.de

Other queries can also be sent by e-mail to the CICLOSPORT Customer Care Service at:
ciclo-service@ciclosport.de

11. TECHNICAL DATA

CICLO*PULS CP*13is
Water resistance:
to a depth of 20m (ensure that no button is pressed when the device is in contact with water)
Operating temperature:
0°C to 50°C
Battery:
Lithium CR2032
Average battery life:
1 year (based on average use of 1 hour per day)

Transmitter belt
Water resistance:
to a depth of 3m
Operating temperature:
0°C to 50°C
Battery:
Lithium CR2032
Average battery life:
2 years (based on average use of 1 hour per day)
Transmission frequency:
5.3 kHz

12. WARRANTY CERTIFICATE

Sender:

Surname, First name

Street address

Post code/Zip code, Town/City

Telephone (daytime)

E-mail

Reason for sending in:

After expiry of the warranty:
Repairs are carried out up to a maxim value of EURO